

# LYNN COUNCIL ON AGING SENIOR CENTER



**May  
2014**

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## From the Director's Desk

It's cool to be kind!

In celebration of Older Americans Month, we've adopted the Kindness Matters Campaign. This year's slogan is, "It's cool to be kind!" We chose yellow and purple as the campaign colors. Here's the explanation! Purple is an assigned color for elder abuse awareness and The Alzheimer's Association. Yellow makes everybody happy! Think about it... the sun is yellow, a happy face is yellow, and canaries are yellow! Join us in our efforts to make it a better day just by simply being a little bit nicer to each other. It doesn't cost you a dime and your benefits are priceless! Help us kick this campaign off. Have a little fun and pay it for!

*~Stacey Minchello~*

## From Your Mayor

We have been fortunate enough to usher in an early spring this year, and I hope all of you have been enjoying the warm weather.

This month, we have a full lineup of musical performances and events at the Lynn Auditorium, starting with the musical parody, 50 Shades!, on May 2. We will host a \$3 movie night on May 9 at 7 p.m. with a showing of "Goonies." On May 17, we welcome The Cowsills, Brooklyn Bridge and Jay and the Americans for the 60's Rock and Roll Spectacular. Finally, I encourage all of you to attend a very special lecture event – the History of Lynn – on May 14 at 6 p.m. Proceeds will benefit the Boys and Girls Club of Lynn. For tickets to all events, call the Lynn Auditorium box office at 781-581-2971, or purchase them at the box office, Lynn City Hall Room 311.

Later this month, we will commemorate Memorial Day and my thoughts are with all of you who have lost loved ones who have given their lives for our country.

Finally, I wish all mothers and grandmothers a very happy Mother's Day. May you enjoy the day with your families.

Best wishes,

Mayor Judith Flanagan Kennedy

**CUFFE-McGINN**  
**FUNERAL HOME**

**Dignity**  
HEALTHCARE

157 Maple Street • Lynn, MA 01904  
Tel: **781-599-3901**  
Fax: 781-598-2143  
www.cuffemcginn.com

Member of  
Arlwood Service  
Corp. Inc.

**PACE**

**Elder Service Plan**  
**of the North Shore, Inc.**

• Primary and Specialty Medical Care  
• Adult Day Centers • In-home Support and Care

9 Buffum St., Lynn  
1-877-803-5564

**BANECARE**  
A Division of The

**ABBOTT HOUSE**  
and **THE SWAMPSCOTT WING, Lynn**

www.banecare.com • 866-747-BANE

## Lynn Council on Aging Senior Center

### Publication funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

### Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503  
Rosa Paulino-Diaz  
Assistant 781-599-0110 ext. 625  
Kristi Harris  
Assistant 781-599-0110 ext. 618

### Hours of Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

**Arthur Akers**  
**Edmund Brown**  
**Albert DiVirgilio**  
**Daniel P. Hanlon**  
**Frank LaMacchia**  
**Lester McClain**  
**Charles Mitchell**  
**Frances Taggart**

Clerk  
Vice-President  
President

Meets 4th  
Wednesday  
monthly at  
1:30 p.m.

## FRIENDS of LCOA Executive Board

**Joan B. Noble**  
**Linda Rosendahl**  
**Deb Small**  
**Cindy LeBlanc**  
**Virginia Calef**

President  
Vice-President  
Treasurer  
Recording Secretary  
Membership Secretary

Meets last  
Thursday  
monthly at 10 am

## Volunteers

### Friendly Reminder!

All Volunteers must complete a CORI with copy of id.  
The deadline has passed. Send it in right away or get  
help from a staff member.

Thank you in advance for complying!

## MAY HAPPENINGS

Trip sign-ups begin, Monday, April 28<sup>th</sup>

Thurs, May 1	Lunch Trip: Putnam Pantry Ice Cream	\$2	11:00 a.m. - 1:30 pm
Tues, May 6	Birthday Karaoke - Guess whose singing?		11:30 a.m. - 1:00 p.m.
Weds, May 7	<i>FOOD STAMPS OFFICE HOURS</i>		9:00 a.m. - 12:00 p.m.
Thurs, May 8	Podiatry Appointments		10:00 a.m. - 12:00 p.m.
Thurs, May 8	Celebrate KINDENESS MATTERS with <i>DENISE DOUCETTE!</i>		12:15 p.m.

*Back by popular demand singing her hits! Sponsored by the FRIENDS of LCDA and the Lynn Cultural Council*

Tues, May 13	Blood Sugar <u>AND</u> Blood Pressure Clinic		8:00 a.m. - 9:30 a.m.
	"Lucy Booth" Open! Nurse available for your questions. Large Activity Room		
Tues, May 13	~~~FREE SEMINAR~~~		9:30 a.m. - 10:30 a.m.
	"Taking Control of Your Future" Attny Mary Milburne, Mass Bar Assoc Game Room		
Weds, May 14	Lunch trip: Tides, Nahant	\$2	11:00 a.m. - 1:30 pm.
Thurs, May 15	Horseracing and Lunch	\$2	10:30 a.m. - 1:30 p.m.

Visit the premier Rubin Thompson House in Saugus, play horseracing \$.25/game, and enjoy lunch!

Fri, May 16	BROWN BAG: BOSTON FOOD BANK		10:00 a.m. - 12:00 p.m.
Mon, May 19	Women's Group Meeting		10 am - 11 am
Tues, May 20	FOXWOODS CASINO		7am- 6:30 pm
	Prepaid reservation required -\$27		
Thurs, May 22	Free "Grab n Go" Emergency Bags		10 am
	Sponsored by PACE and Life Care		

Receive a City of Lynn bag filled with important evacuation items in preparation of an emergency.

*(While supplies last)*

Mon, May 26	Memorial Day		Center is closed
Tues, May 27	Hearing Clinic Appointments		9:00 a.m. - 10:00 a.m.
Weds, May 28	Field Trip: Castle Island	😊 \$2	10:30 a.m. - 2:30 p.m.
Thurs, May 29	FRIENDS OF LCDA meeting		10 a.m.
Thurs, May 29	Pizza & Soda Lunch	\$2	

*"Spring is in the Air" Cabaret*

*Produced by Boston Association of Cabaret Artists with accompanist Tom La Mark*

**R & R American**  
 (781) 595-9415 • Fax (781) 599-6994  
 Rod Deland, Proprietor  
 Complete Diagnostics:  
 STARTER  
 ALTERNATOR  
 ALL BRAKES  
 All Types of Repair

**Specializing in Electronic Tune-ups**  
 visit our website: [www.rramerican.com](http://www.rramerican.com)  
 109 Lynnfield Street • Lynn, Massachusetts 01904

**An Affordable Assisted Living Senior Residence**  
 Call Us For Information  
 (978) 927-2121

**Harbort House**  
 1 Mount Pleasant Square  
 Beverly, MA 01915

**Available Ad Space Just for You!**

# MAY 2014

MONDAY	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE WITHOUT NOTICE			1 Lemon pepper pork Black eyed peas & brown rice Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Roast turkey/citrus sauce	2 Rosemary chicken Red potatoes Green peas Rye bread Fresh fruit ALTERNATIVE BBQ tofu,brown rice & beans
5 Baked fish/creole sauce Sweet potato wedges Italian blend veg. WW bread Chilled peaches ALTERNATIVE Jerk chicken	6 Macaroni & cheese Garden salad/dressing Wheat roll Pudding ALTERNATIVE Shepherd's pie	7 Roast turkey/gravy Vegetable rice pilaf California blend veg. WW bread Fresh fruit ALTERNATIVE Eggplant parm/marinara sauce	8 MOTHER'S DAY SPECIAL Chicken picatta Garlic mashed potato Garden salad/dressing Italian bread Mother's Day Cake	9 BBQ pulled pork Rice and beans Spinach WW bread Fresh fruit ALTERNATIVE WW cheese pizza
12 Chicken and broccoli Alfredo Ziti Capri blend veg. Muffin Chilled pineapple ALTERNATIVE Crispy baked fish	13 Salmon/dill sauce Candied yams Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Roast beef/gravy	14 Beef bourguignon Yellow Rice California blend veg. WW bread Pudding ALTERNATIVE Dominican chicken	15 Roast turkey/mushroom sauce Red potatoes Garden salad/dressing WW bread Cookie ALTERNATIVE BBQ pulled pork	16 American chop suey Broccoli Rye bread Fresh fruit ALTERNATIVE Tripe stew
19 Boneless pork chops/gravy Garlic mashed potato Collard greens WW bread Fruit cocktail ALTERNATIVE Veggie burger,potato wedges	20 Chicken teriyaki Brown rice Garden salad/dressing Snack loaf Fresh fruit ALTERNATIVE Macaroni & cheese	21 Southern style cod filet Veg. rice pilaf Green peas Italian bread Fresh fruit ALTERNATIVE Turkey/creole sauce	22 Meatball stroganoff Egg noodles Garden salad/dressing WW bread Pudding ALTERNATIVE Stewed goat	23 Hamburger/roll Lettuce/tomato Potato salad Cookie ALTERNATIVE WW cheese pizza
26 HOLIDAY	27 Ziti/marinara sauce/cheese Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Roast pork,mashed potato	28 Lemon & garlic chicken Candied yams Cauliflower WW bread Cake ALTERNATIVE Pasta/ eggplant meatballs, sauce	29 Baked fish/diced tomatoes Plantains Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE Caribbean chicken	30 Beef stew Beets WW bread Fresh fruit ALTERNATIVE Boneless pork chops, yucca

# SENIOR CENTER ACTIVITIES • MAY 2014

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
SILSBEE STREET		SILSBEE STREET		SILSBEE STREET		SILSBEE STREET		SILSBEE STREET	
9:00 -12	Wii	9:00 -12	Wii	9:00 -12	Wii	9:00 -12	Wii	9:00 -12	Wii
10:45-12:30	LUNCHEON	9:15-10:45	POKENO	9:00 – 1:00	HAIR SALON	9:00-10:30	WATERCOLOR PAINTING	9:30-11:15	TRIVIA PURSUIT TEAM PLAY
12:00-1:00	MEN SPORT'S CLUB	10:00-11:30	OIL PAINTING CLASS	9:30-11:00	ARTS & CRAFTS	10:00-11:00	T.O.P.S.	9:30-11:00	KNITTING & CONVERSATION
12:30-1:30	COMPUTER TUTORING (SPANISH)	10:00-11:00	KIOSK FOR LIVING WELL (IN2L)	9:30-10:30	BEGINNER'S TAP	10:45-12:30	LUNCHEON	10:00-11:00	COMPUTER CLASS #1
1:00-2:45	BINGO (NEW TIME)	10:45-12:30	LUNCHEON	10:45-12:30	LUNCHEON	11:30-12:15	EXERCISE CLASS	10:45-12:30	LUNCHEON
		12:30-1:30	ESL CLASS	11:30-12:15	EXERCISE CLASS	12:00-1:30	DANCE PARTY	11:15-12:15	COMPUTER CLASS #2
		12:30-2:30	CRIBBAGE	12:30 – 1:30	VIDEO EXERCISE (IN2L)	1:00-3:00	JAPANESE BUNKA EMBROIDERY	11:30-12:15	EXERCISE CLASS
		12:00-2:45	POKENO	1:00 – 3:00	MOVIE	2:00-3:00	HORSE RACE GAME	1:00-2:45	BINGO (NEW TIME)
		1:30	BILLIARDS CLUB	1:00-3:00	'PENNY ANTE' POKER				
		2:00-3:00	GAMERS GROUP						

## OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

### AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
- Spacious 1-bed apartments
- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications



**781-581-2051**



**Skilled Nursing**  
**Short-Term Rehabilitation**  
**Sub-Acute Care | Respite Care**



**Distinctly Different**  
**781-592-9667**

111 Birch St.  
 Lynn, MA 01902  
 LCCA.com

Joint Commission accredited



**Hatch Hearing Aid Center**

*"You Should Hear  
What You're Missing"*

152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901  
781.599.1902 • 1.888.HEARITE (432.7483)

**YOUR  
AD  
HERE**

**CALL  
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications  
Subsidized Elderly Housing

Call 781-593-5700

**HARBOR  
90FT**

ADAPTIVE HOMES

## CASINO TRIPS

Departs from Lynn  
Senior Center

### Foxwoods \$27

7 am - 6:30 pm

May 20<sup>th</sup>, June 17<sup>th</sup>, July 15<sup>th</sup>,  
Aug. 19<sup>th</sup>, Sept. 16<sup>th</sup>, Oct. 21<sup>st</sup> &  
Nov. 18<sup>th</sup>



### Sign up early!!

We must have 40 paid reservations one week  
prior to departure date; otherwise we must  
cancel the trip.

Sign up in person at the senior center. OR  
Mail in your registration and check.

*Bonus package:*

*\$10 food coupon for retail food vendors*

*or free buffet*

*Plus \$10 bonus slot play added to your  
rewards card on the bus before entering casino.*

*Remember to bring your rewards card!*



Casino Trips from Revere

### Mohegan Sun \$25

10:00 a.m. - 8:30 p.m.

May 13<sup>th</sup> & 27<sup>th</sup>  
June 10<sup>th</sup> & 24<sup>th</sup>

### Twin River \$23

10:00 a.m. - 7:30 p.m.

May 8<sup>th</sup> & 22<sup>nd</sup>  
June 5<sup>th</sup> & 19<sup>th</sup>

Casino Trips from **REVERE!**  
**Now Express!! Straight run-  
no stops!**

**Call Elaine at  
781-289-6144 for reservation,  
questions, and pick up location/  
parking.**

## MOVIES...every Wednesday @ 1:00 p.m.

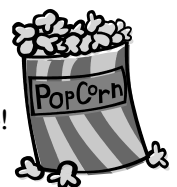
### Free Popcorn and Soda Wide Screen Plasma Home Theatre System

May 7	Rocky	PG	1976	119 min
May 14	Wizard of Oz	G	1939	103 min
May 21	Grown ups	PG-13	2010	102 min
May 28	Phantom of the Opera	PG-13	2004	141 min*

**(12 noon start)**



Don't be shy! Let us know if there's a movie you would like to see!  
Even if it's in the theatre now, we can queue it for months later.



## COMPUTER CLASS NOTICE

Please note that computer classes have been postponed. We apologize for the inconvenience. If interested in future classes and schedules call Mayra at 781-586-8546 to add your name to the call list. Stay in touch for an update.

## GRAB N GO

Disaster Preparedness is serious business. Be ready. We want to help you.

**On May 22<sup>nd</sup> at the Lynn Senior Center, we will distribute City of Lynn emergency bags.**

They're called "Grab n Go" bags because you will set them up and have them placed in an easy access place in the event that you have to evacuate quickly. Some examples of items in the bag are a flashlight, a medication list, a contact sheet, samples of little necessities (tissues, Tylenol, hand sanitizer, etc). The bag also comes with the American Red Cross manual on Senior Emergency Preparedness. **Distribution of the bags start at 10 a.m. until supplies last.**

**\*Thank you to Elder Service Plan of the North Shore PACE and Life Care of the North Shore for sponsoring the city bags.**

Community supporters who donated items for the bags were **ALL CARE VNA, Griswold Home Care and Solimine Funeral Homes - Thank you!\***





WE MAKE IT HAPPEN

*Call for a free Consultation Or Visit us online*

**Home Health Services**

45 Albion Street • Wakefield MA 01880 • 781-224-3600  
North Shore Offices Phone: 978-774-2005 • 978-777-6009  
[www.BestMakesItHappen.com](http://www.BestMakesItHappen.com)



# Place Your Ad

## Wellness Watch May 2014

### Ways to fall asleep and stay asleep

Did you know sleep is one of our basic needs, and how our body restores our energy? The amount of sleep needed for a person can vary but most people need between seven to nine hours a night. Are you having trouble sleeping at night? A way to tell if you're getting an adequate amount of sleep is if you wake up feeling alert, well-rested, and function well during the day. Now that we know if we are getting our correct amount of sleep let's look at ways to get ready for bed. First, you should set up your bedroom for a proper night sleep. A comfortable bed is very important to provide good support. Find a comfortable sleeping position it may be different for every person. You can experiment with different positions and small pillows in the right places. Make sure both your hands and feet are warm during the night. Elevating your head between four and six inches can help you breathe better. If you find the air in your room is very dry, using a vaporizer may be helpful. You should feel safe in your bedroom. Keeping a lamp and a telephone by your bed may be helpful. Also, if you use a cane, eyeglasses, or a walker you should place them near your bed where you cannot trip.

There are self management techniques you can do to help sleep better. You can start by doing moderate exercise on a regular basis but make sure you avoid exercising right before bedtime. Avoid alcohol and caffeine, especially late in the day. These are stimulants that can disrupt your sleep cycle. Develop a regular sleep schedule. You can do this by going to bed at the same time and waking up at the same time in the morning. Keep this schedule even on the weekends. Create routines like taking a warm bath before bed or reading a chapter from your favorite book. You can do this every night to help you get ready for bed and help your body start winding down and relax. Avoid watching TV or going on the computer before bed because the light will disrupt your sleep rhythms. If you are having difficulty sleeping and tried some of these techniques, you should talk with your doctor.

### Free Computer / Techno Training

**~Brought to you by the Fecteau Leary School~**

**Walk in or reserve your seat:**

**May 21<sup>st</sup> 12pm-1:45pm**

**Bring your tablet, use our desktop computers, or learn how to program your cell phone.**

**Continues every other Wednesday, June 4<sup>th</sup> & 18<sup>th</sup>**





# My Vegetable Garden

Y	R	E	L	E	C	L	O	V	R	G	P	H	A	Z	G	C	R
S	U	N	S	H	I	N	E	L	A	R	E	E	S	S	H	O	E
C	A	R	R	O	T	G	J	D	D	E	G	R	P	A	T	R	T
B	G	A	R	D	E	N	S	Q	I	E	G	G	I	P	U	N	A
L	U	F	I	T	N	U	O	B	S	N	P	N	R	P	E	Q	W
A	X	S	A	S	F	Z	E	L	H	H	L	I	O	S	E	R	S
I	U	B	A	U	A	E	S	W	M	O	A	T	T	K	Z	N	S
G	L	N	E	E	I	G	R	N	J	U	N	N	A	H	Y	D	C
E	T	U	O	R	P	S	A	T	A	S	T	A	M	A	H	R	A
I	L	O	C	C	O	R	B	B	I	E	B	L	O	R	T	A	B
O	R	G	A	N	I	C	A	T	A	L	B	P	T	V	L	Y	B
N	I	Z	G	N	I	N	N	A	C	T	I	N	T	E	A	K	A
C	A	U	L	I	F	L	O	W	E	R	U	Z	S	S	E	C	G
S	E	E	D	L	I	N	G	J	N	M	B	R	E	T	H	A	E
S	T	C	E	S	N	I	W	E	E	D	S	B	P	R	G	B	M

BACKYARD

BOUNTIFUL

BROCCOLI

CABBAGE

CANNING

CARROT

CAULIFLOWER

CELERY

EGGPLANT

FERTILIZER

GARDEN

GREENHOUSE

HARVEST

HEALTHY

INSECTS

ORGANIC

PEAS

PEPPERS

PEST

PLANTING

RADISH

RIPEN

RUTABAGAS

SEEDLING

SOIL

SPROUT

SUNSHINE

TOMATO

VEGETABLE

WATER

WEEDS



## *The Kiosk for Living Well*

### **Grow Your Confidence, Increase Your Brain Fitness, and Have Some Fun!**



Do you know that there are simple, practical ways to keep your brain sharp? Come to *The Kiosk for Living Well* to learn how and to explore the pillars of Brain Health! Improve your mental fitness by playing a variety of brain games on the innovative IN2L machine and learn easy ways to develop your memory and concentration skills. You'll work with a trained Advisor to determine which cognitive games make the most sense for you. Our bodies produce new brain cells throughout our lives so let us show you how to enhance the process in fun and easy ways!

Handouts will be provided that you can take home with you. Refreshments will be served.

*The Kiosk for Living Well* is open at the Lynn Senior Center every **Tuesday from 10:00 am to 11:00 am**. For more information, visit the Kiosk or call Site Coordinator Sandra Suarez at 781-586-6518.

## **Special Request**

**The Polish Legion of American Veterans, USA, Post 56 of Lynn is looking for friends and relatives of their deceased members to help flag private graves in honor of Memorial Day. The City of Lynn handles Pine Grove cemetery flagging. The PLAV is trying to honor all their deceased members throughout all area cemeteries. Flags may be picked up on Saturday, May 24, 2014, from 9:00-11:00 A.M. in the parking lot of St. Michael's PNA Hall, 25 Elmwood Avenue, Lynn.**

## **Thank you!**

**The Spring Fling would not have been so successful without the following community supporters:**

**Abbott House  
Commonwealth Care Alliance  
Periwinkles Food Shoppe  
Lancelot Janitorial & Paper  
DiVirgilio Insurance Agency  
Solimine Funeral Services  
Suburban Home Health Care**

**Nadworny Funeral Home  
Panera Bread, Swampscott  
Tony Lena's  
Tides Nahant Beach  
Kelly Greens Golf & Clubhouse**

## IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger

~Dr. Harvey Berger

In loving memory of our brother, Arthur Warren

Always missed... ~Ethel Forse and Hazel Reinholm

In loving memory of my friend, Arthur Warren

~Cindy Leblanc

Thank you for your donation

~Barbara Griffin

Thank you for your donation

~Florence Frasca

Thank you for your donation

~Sophie Karampoulis

Thank you for your donation

~Deb Small



## DEDUCTIBLE DONATION

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

☐
☐
☐

Person's Name: \_\_\_\_\_

Send card to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Donated by: \_\_\_\_\_

# Place Your Ad Today!



**Home Healthcare**  
Professionals

Private customized  
home care services specializing  
in elderly and chronic care

For more information or  
FREE no-obligation assessment call

**781-245-1880**

online at [www.abchhp.com](http://www.abchhp.com)

233 Albion Street Wakefield

**Committed to Life at Home**

**HELENE M. AHERN, F.S.C.**

Catholic Cemetery Assoc.  
Archdiocese of Boston INC

226 North St., Salem, MA 01970

**C: 781-953-6753 FX: 978-740-9528**



## Hair Salon

### SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

### MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS  
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### EYEGLOSS CLINIC

May 6th  
10:00 am—11:00 am  
By: Mr. Specs

### BLOOD SUGAR & BLOOD PRESSURE

May 13th  
8:00 am—9:30 am \*note time change\*  
Nurse available for any health questions.

### HEARING CLINIC

May 27th  
9:00 am—11:00 am  
New! Appointments Now Required - Call

### PODIATRIST

May 8th & May 22nd  
10:00 am—12:00 pm  
Call for appointment. Bring Insurance Card

### MASSAGE THERAPY

1:00 pm—3:00 pm  
Call for an appointment.

### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
LYNN, MASSACHUSETTS 01901  
(781) 599-0110

RETURN SERVICE REQUESTED

NON-PROFIT  
U.S. POSTAGE  
**PAID**  
LYNN, MA  
PERMIT NO. 56